

**~Enhance your health by shining love on all areas of your life
through a Laughter Yoga Workshop~**



- ❖ Led by **Claire Nelson**
~Certified Laughter Yoga Leader~
- ❖ Hosted by **Sally Pfeiffer**
~Certified Personal Trainer~
- ❖ Location:
Salt Lake City Sports Complex
[645 S. Guardsman Way (1580 E.)]
~Meet in Aerobics Studio~
- ❖ Plan a date with your inner child:
~**Sunday, February 23rd**~
- ❖ Moment of time: **12-1pm**
- ❖ Price: **\$20**
- ❖ Wear Comfortable Clothes

- ❖ Have you ever heard the saying, **“Laughter is the best medicine”**? The beauty of laughter is universal and invites us to transmute from a negative space into a positive space within moments.
- ❖ Laughter Yoga is a unique combination of laughter exercises and yoga breathing. It is a space where we learn to laugh for no apparent reason, so we can create unconditional laughter in our lives.
- ❖ This is a perfect way to reconnect with your inner child, create genuine relationships, heal yourself, and enjoy being in a state of bliss. Come and learn about the many health benefits and positive results of **laughter!**

Register Online at www.activityreg.com

Additional questions, contact:

- ❖ **Claire:** (801)824-4701 fairestclaire@comcast.net
- ❖ **Sally:** (314)401-1531 pfeifferfitness@gmail.com
- ❖ **S.L.C. Sports Complex:** (385) 468-1925

